



## SOCIAL SERVICES NEWS

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### FOR IMMEDIATE RELEASE

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### TEXAS ROADHOUSE FUNDRAISER TO BENEFIT MEALS ON WHEELS

HICKORY -- Senior Nutrition Services of Catawba County, which operates the Meals on Wheels, Seniors Morning Out and related programs, will benefit from a fundraiser being held by Texas Roadhouse in Hickory.

The restaurant will donate 10 percent of sales when the guest presents a coupon to the server. The time for the fundraiser will be 4 to 8:30 p.m. May 9. The restaurant is located at 1020 Lenoir-Rhyne Boulevard SE, Hickory, NC. Coupons can be downloaded from the Meals on Wheels Facebook page, by coming to the Senior Nutrition Office at 507 Boundary Street, Conover, or by calling the office at 695-5610.

"We appreciate the local businesses, churches and other organizations that partner with us to provide these much-needed services to seniors in our community," said Jan Shaffer, Senior Nutrition Services supervisor. "Our goal is to help seniors remain in their homes as long as possible."

Seniors Nutrition Services operates Meals on Wheels, which relies on volunteers to deliver meals to homebound seniors who are unable to shop or prepare meals for themselves. The Seniors Morning Out Program operates in five locations throughout the county. It offers a half-day program Monday through Fridays for persons 60 or better who live in the county. Seniors Morning Out includes information about health care and other useful topics, as well as entertaining programs and lunch. The program is free to participants, although donations are welcomed.

Senior Nutrition Services also provides Frozen Meals to seniors eligible for Meals on Wheels who do not live on a MOW route. Volunteers or family members pick up a month's worth of frozen lunches, which the recipients can heat and eat. Finally, the program offers Boost or Ensure nutrition supplements to seniors with a doctor's prescription.

More than 1,400 local seniors were served through these programs during the last fiscal year. The program relies heavily on local donations and volunteers. For more information about Senior Nutrition Programs, please call 828-695-5610 or go to <http://www.catawbacountync.gov/dss/Adult/nutrition.asp>. The latest information is also available by liking the program on Facebook at <http://www.facebook.com/MealsonWheelsofCatawbaCounty>.

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